WATER SAFETY

GOING UNDER

. . .or into the water this summer?

Here are a few tips to make your swimming experience a safe one:

- Swim in authorized swimming areas only
- Never swim alone
- Avoid the cold water temp.; limit exposure
- Obey “no diving” signs - know water depth and obstructions Know your limits and stay within them
- Keep an eye on weaker swimmers
- Alcohol and water DON”T mix
- Do not chew gum or eat while swimming
- Watch for changing weather conditions
- Never leave a child alone
- Keep an eye on yourself – watch for the TOOs

Too tired Too cold Too much sun

Too far from shore/safety Too much strenuous activity

BEWARE THE GREAT OUTDOORS!

Swimming in a lake, river or sea is not like swimming in a pool!

Strong currents, rip tides, rocks and other things not found in a pool increase the danger.

LOOK BEFORE YOU LEAP!

a little ice in your water?

***NEVER* DIVE OR JUMP INTO COLD WATER!**

When cold water covers your body all of a sudden, it can cause you to gasp-and drown.

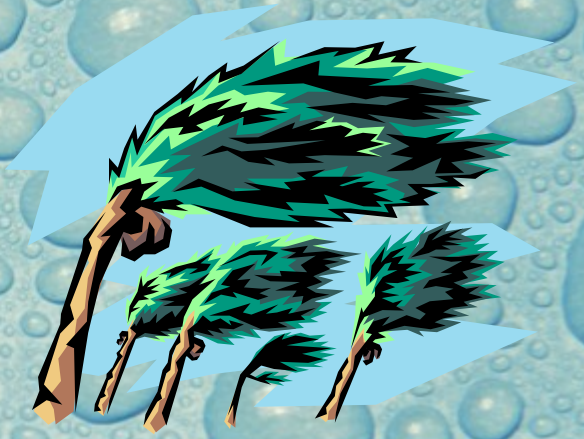
The sudden shock of cold water can make you inhale (whether you mean to or not) and fill your lungs with water.

Check first, if you have cold, icy water, don't go in!

General Water Safety Tips

- **Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim. Always swim with a buddy; never swim alone.**
- **Swim in areas supervised by a lifeguard.**
- **Read and obey all rules and posted signs.**
- **Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal floatation device (PFD) when around the water.**
- **Watch out for the dangerous “too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.**
- **Set water safety rules for the whole family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep).**

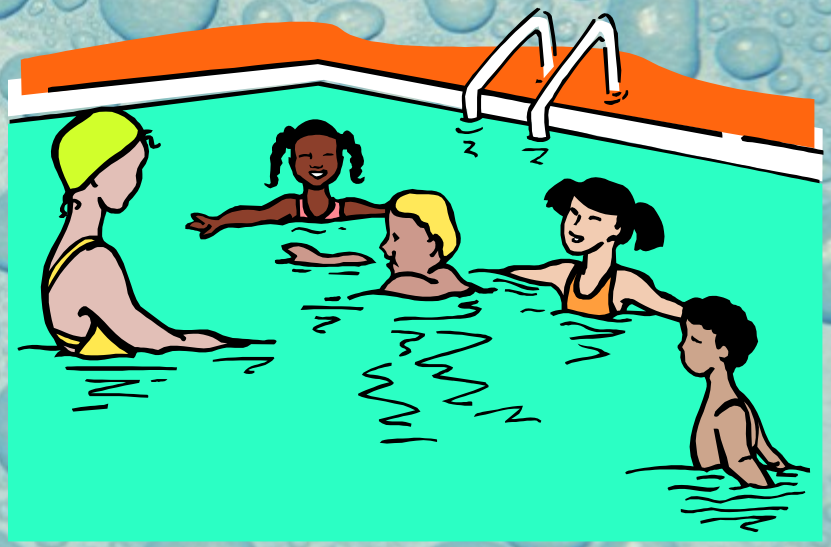
• Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth charges, obstructions and where the entry and exit points are located. The more informed you are, the more aware you will be of hazards and safe practices.
• Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
• Use a feet-first entry when entering the water.
Enter headfirst only when the area is clearly marked for diving and has no obstructions.
• Do not mix alcohol with swimming. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay



SWIMMING POOL HEALTH & SAFETY

Why test pool water?

- **Essential part of both Health and the general Maintenance and life of the Pool.**
- **To assure both, the pool owner must do a number of simple water tests.**



Maintenance = Good Health

Poor maintenance of the pool may lead to low levels of disinfectant (chlorine) and clogged filters that may place swimmers at risk for diseases and skin, ear, and upper respiratory infections.

DISEASE TRANSMISSION

- EYE INFECTIONS
- EAR INFECTIONS
- SKIN INFECTIONS
- CONJUNCTIVITIS
- VARIOUS FEVERS

EYE IRRITATION CAUSED BY IMPROPERLY BALANCED POOL.

Sources of Contamination

- **Body discharges such as mucous from the nose, saliva, sweat, fecal matter, urine, dead skin.**
- **Street and workplace soil, body lotions, suntan creams, dust, pollen, air pollutants, animals droppings, insects.**

EXCLUDED!

- **Persons with sore or inflamed eyes, colds, nasal or ear discharge, boils, or other acute or obvious skin or body infections, or cuts must be excluded from the pool.**

EXCLUDED!

ANIMALS ARE EXCLUDED FROM THE POOL.

FECAL ACCIDENTS

- **Fecal accidents can release large amounts of contaminated material into a pool or spa at one time.**
- **Your pool needs an established procedure.**

FECAL ACCIDENTS

- MOST DIARRHEAL OUTBREAKS IN POOLS APPEAR TO BE RELATED TO ACCIDENTAL FECAL CONTAMINATION OF THE WATER BY SOMEONE WHO IS ILL WITH DIARRHEA.

Germ-resistance to Chlorine

Disinfection Times for Fecal Contaminants

- **E.coli << 1 minute**
- **Hepatitis A 16 minutes**
- **Giardia 20-45 minutes**
- **Crypto 9600 minutes**

***1 mg / L (1 ppm) chlorine, pH 7.5 /25 C**

FECAL ACCIDENTS

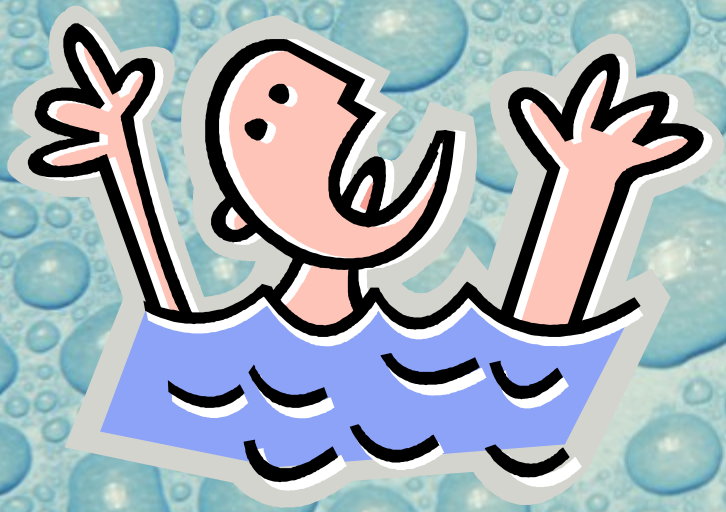
- **<u>CLOSE THE POOL!</u>**
- **Remove as much feces as possible.**
- **Disinfect: CT value of 9600 (where C= chlorine and T=time)**
- **Monitor hourly.**
- **Recirculate continuously**
- **Low volume: drain & disinfect**
- **Proper pH and chlorine to reopen.**

SWIMMING POOL DROWNINGS

LIFEGUARDS

- **No requirement for private pool.**
- **Rules must be followed at public pools**

DROWNINGS



- Children under 5 yrs
- Unsupervised
- Cannot swim
- Fall into a pool or pool cover with water on top

DROWNINGS

- 75% Between 1 & 3 Yrs. old.
- Toddlers - Behavior change.
- 69% not expected to be near the pool, yet later found in the water.
- 20 Seconds to drown. Less time than it takes to answer the phone
- 75% Missing from sight for less than 5 minutes.

DROWNING - NUMBERS

- 300 CHILDREN PER YEAR UNDER 5 YR OLD IN RESIDENTAL POOLS.
- 2,000 CHILDREN TREATED IN EMERGENCY ROOMS FOR POOL RELATED ACCIDENTS

DROWNINGS - COST

- $2,000 FOR A VICTIM WHO RECOVERS.
- $80,000 FOR VICTIM WITH BRAIN DAMAGE.
- THREAT OF LAWSUITS AND $ $MILLIONS$$

DROWNINGS

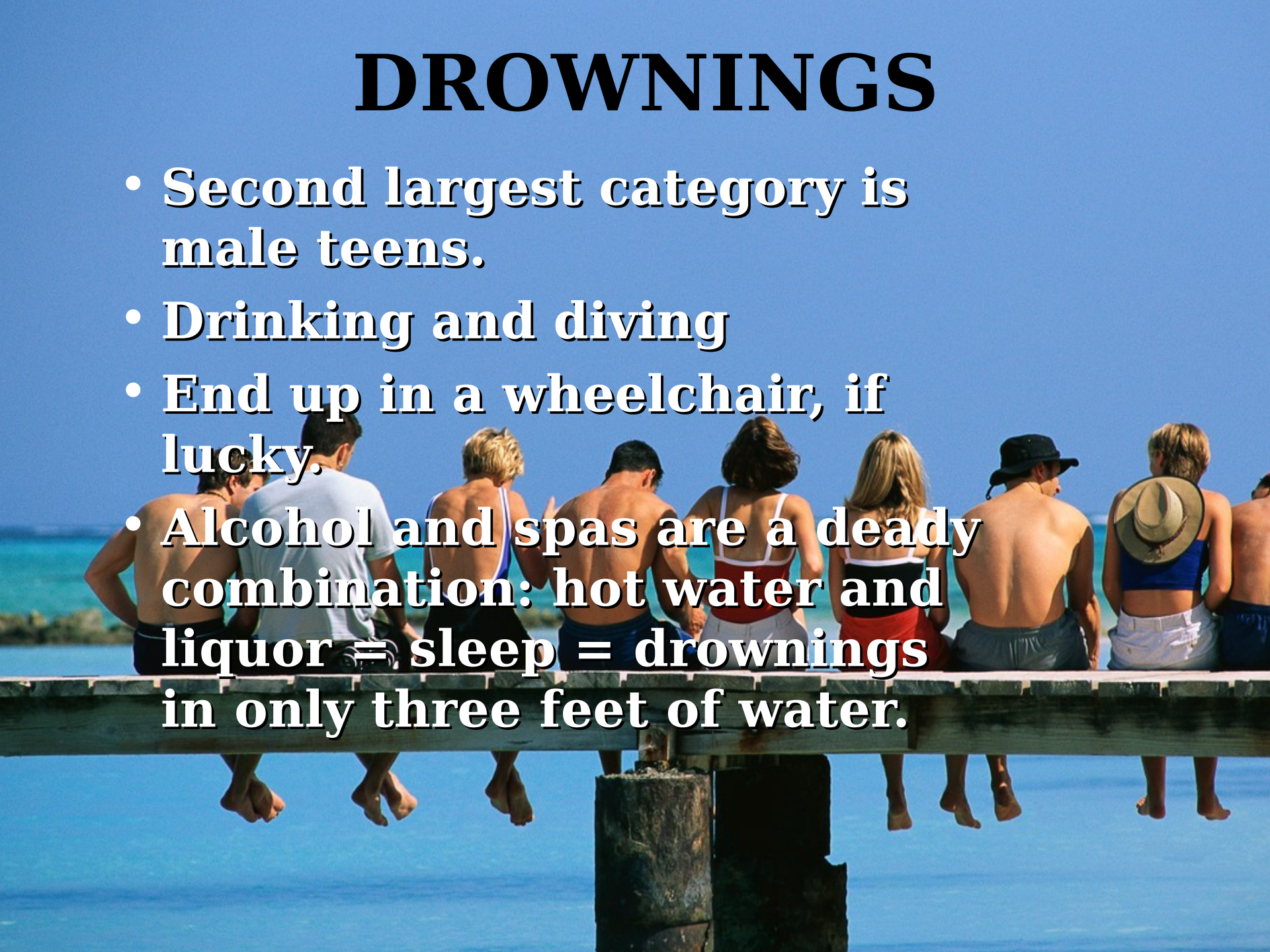
- FOR A CHILD, DROWNING IS NOT ACCOMPANIED BY LOUD NOISE OR SPLASHING.
- DROWNING IS SILENT!

DROWNING

- TO PREVENT CHILD DROWNINGS, THERE IS NO SUBSTITUTE FOR PARENTAL SUPERVISION.
- THE ‘BUDDY’ SYSTEM OF TWO CHILDREN DOES NOT WORK!!!

DROWNINGS

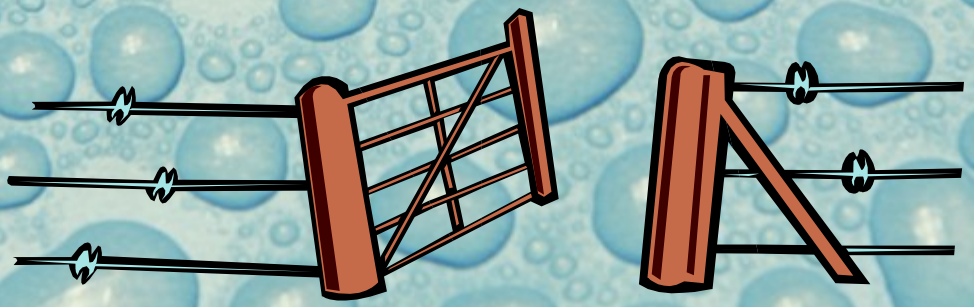
- Second largest category is male teens.
- Drinking and diving
- End up in a wheelchair, if lucky.
- Alcohol and spas are a deady combination: hot water and liquor = sleep = drownings in only three feet of water.



DROWNINGS

DROWNINGS

- **Pools & spas are an ‘attractive nuisance’**
- **Permanent barrier to entry.**
- **Non-climbable, self-closing, self-latching. Gate locked when not in use.**
- **Do not place chairs / tables so that child can climb over.**
- **Sight lines to monitor the pool.**



DROWNINGS

- **Standing water of top of pool covers.**
- **Cover pumps or mesh safety cover.**
- **Solar blankets or solid covers removed.**
- **Entrapment by the suction of a single main drain.**
- **Entrapment of hair, small arms, legs.**

PREVENTION

- VISUAL SUPERVISION OF POOL.
- PHONE NEAR POOL & NUMBERS.
- RESCUE EQUIPMENT.
- DO NOT ALLOW CHILDREN TO PLAY NEAR THE POOL.
- OWNER SHOULD TAKE CPR CLASS.
- INFORM YOUR GUESTS.

SWIMMING POOL CHEMICAL SAFETY

TRANSPORTING CHEMICALS

- KEEP VEHICLE CLEAN & ORGANIZED.
- SEPARATE INCOMPATIBLE CHEMICALS
- DON’T PURCHASE DAMAGED CONTAINERS
- ANCHOR LOAD.
- OBTAIN THE MSDS & KEEP HAZMAT INFO WITH CHEMICALS.

CHEMICAL STORAGE

- STORE IN A COOL, DRY, WELL VENTILATED AREA WITH A LOCKED ENTRY. DO NOT SET OUTSIDE IN THE SUN.
- DO NOT STACK CHEMICAL CONTAINERS ON TOP ONE ANOTHER.
- KEEP OUT OF REACH OF CHILDREN.

CHEMICAL STORAGE

- KEEP OUT OF THE REACH OF CHILDREN!

DUH!

CHEMICAL STORAGE

- KEEP CHEMICALS SEPARATE. VIOLENT REACTIONS SUCH AS EXPLOSIONS, FIRE, OR NOXIOUS GAS PRODUCTION CAN OCCUR WHEN INCOMPATIBLE CHEMICALS CONTACT ONE ANOTHER.

- REPLACE LIDS AND CAPS FIRMLY AND IMMEDIATELY AFTER OPENING.

CHEMICAL STORAGE

- NEVER MIX CHEMICALS TOGETHER!
- BE CAREFUL OF HOW YOU DISPOSE OF LEFTOVER CHEMICALS.

USING POOL CHEMICALS

- FOLLOW LABEL DIRECTIONS.
- READ THE INSTRUCTIONS!
- IF THE LABEL IS FADED OR TORN, DON'T GUESS - - - RETURN IT TO YOUR DEALER.

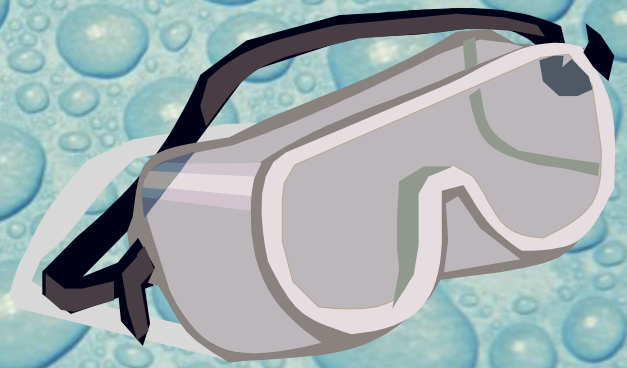
USING POOL CHEMICALS

- ADD CHEMICALS TO POOL WATER, NOT THE OTHER WAY AROUND.
- READ THE INSTRUCTIONS

USING POOL CHEMICALS

- ADD DIRECTLY TO THE POOL OR THROUGH A FEEDER DESIGNED FOR THAT CHEMICAL.
- CHEMICALS ADDED DIRECTLY TO THE SKIMMER COULD ALLOW STRONG CONCENTRATIONS TO HARM EQUIPMENT OR SWIMMERS.

USING POOL CHEMICALS



USING POOL CHEMICALS

- **ALWAYS USE A CLEAN BUCKET AND SCOOP DESIGNATED ONLY FOR THAT CHEMICAL.**
- **<u>LABEL</u> THE BUCKETS AS TO USE.**

USING POOL CHEMICALS

- IMMEDIATELY CLEAN UP ANY CHEMICAL SPILLS.
- IF A VIOLENT REACTION OCCURS, CALL THE FIRE DEPARTMENT.

DRY SPILLS

- CAREFULLY SWEEP UP WITH CLEAN BROOM AND SHOVEL.
- PLACE IN CLEAN, DRY, PLASTIC CONTAINER.
- AVOID BREATHING THE DUST.
- IF POSSIBLE, DILUTE WITH WATER AND ADD TO POOL.

DRY SPILLS

- DO NOT PLACE FLOOR SWEEPINGS OF CHEMICALS BACK INTO THE ORIGINAL CONTAINER--MAY CAUSE REACTION.
- DO NOT USE A SHOP VAC OR VACUUM CLEANER TO CLEAN UP SPILLED SUBSTANCES.

LIQUID SPILLS

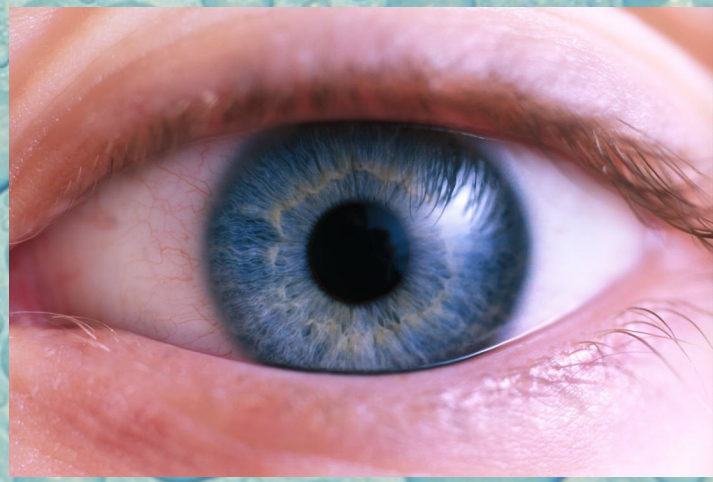
- SOAK UP WITH A CLEAN ABSORBENT MATERIAL AND PLACE INSIDE A CLEAN PLASTIC OR PLASTIC LINED CONTAINER.
- FLUSH THE AREA WITH LARGE AMOUNTS OF WATER.

USING POOL CHEMICALS

NO SMOKING

USING POOL CHEMICALS

- DO NOT BREATHE CHEMICAL FUMES OR DUST.
- WASH SKIN IF CONTACT OCCURS.
- IF CHEMICALS SPLASH INTO EYES, FLUSH WITH WATER (ONLY IF THE MSDS DOES NOT ADVISE AGAINST THIS PROCEDURE).



USING POOL CHEMICAL

- USE ONLY A **WATER FILLED FIRE EXTINGUISHER** ON A CHLORINE CHEMICAL FIRE.
- NEVER USE THE DRY TYPE OF EXTINGUISHER.

Safe Boating!

Inspect your boat and equipment prior to engaging in any water sports to ensure good operating condition.

Don't Overload! Carry only the rated number of passengers.

Carry a fire extinguisher rated for fuel fires.

Have a life preserver for each person and make sure they wear them.

Check the weather conditions before launching and observe the weather during operation.

If you water ski, have someone

Never consume alcohol while boating.

Safe Kayaking!

Before taking on your kayaking adventure, it is wise to learn some kayaking skills and techniques from a professional instructor. Doing so could save you from a needless mishap.

Always wear a lifejacket.

- Wear a helmet on white-water
- Wear sturdy footwear and carry spare warm clothes in a waterproof bag
- Know how to rescue yourself if you capsize
- Fill all spare room in the kayak with buoyancy bags
- Never paddle alone
- Check out the river in advance. Find out where you can put your kayak in and how difficult the paddling will be.
- Learn first-aid and resuscitation techniques

*K*ayaking always involves some risk. To participate safely, you must be a good swimmer. Make sure you know the safety rules and can perform self-rescue techniques before you go on

Safe Canoeing!

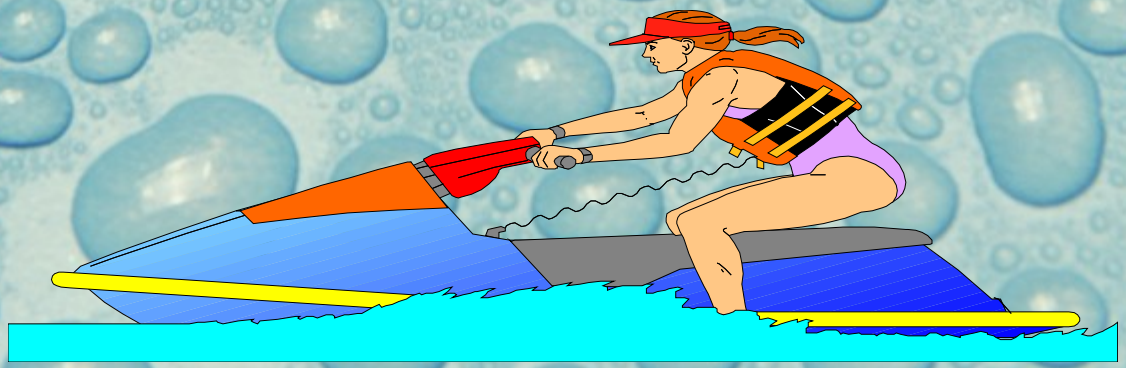
Responsible instruction builds safety and rescue skills as well as good canoeing technique.

Canoeing accidents have resulted from not wearing a personal flotation device, alcohol consumption, cold water, and inexperience. Whenever you take a canoeing trip, follows these safety tips.

- **Don’t choose rivers beyond your ability**
- **Choose your route wisely; try shorter distances first**
- **Be respectful of private property**
- **Dress properly for the activity and the weather**
- **Wear a properly fitting Personal Floatation Device (PDF)**
- **Be properly outfitted with equipment in good repair**
- **Do not consume alcohol or drugs**
- **Establish organizational guidelines for the tour**
- **Establish a reasonable schedule and stick to it**
- **Dress for the water temperature, not the air temperature**
- **Anticipate the impact of other boats, other canoeists, changing weather conditions, and motorized boats**

Personal Watercraft Safety!

- Ensure you're familiar with all operating features and safety equipment.
- Every person on board must wear a U.S. Coast Guard approved life preserver.
- Don't operate a personal watercraft at night.
- Don't allow children under 16 to operate a personal watercraft alone.
- Before you attempt any maneuver, look around to ensure your path is clear.
- Never operate a personal watercraft near beaches or swimmers.

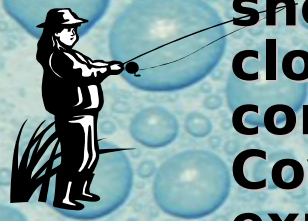


Fishing Safety!

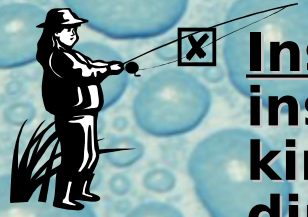
- ☒ Establish rules. No running. Keep your shoes on, and look around before you cast.
- ☒ Set up a buddy system. The youngest anglers need an adult "buddy" and constant supervision.
- ☒ Make sure each angler, swimmers and non-swimmers alike, wears a personal flotation device at all times -- on the boat, on the dock, or on the shore.
- ☒ Bring a long-handled fish net, not just for netting fish, but in case you need to reach out to someone in the water. It will also retrieve trash or valuables from the water.
- ☒ First Aid Kit. You should have a kit with medical supplies to deal with all manner of injuries. You're likely to be some distance away from professional medical assistance so remember, in the meantime, you're the "doctor. First Aid Pocket Pals are a smart addition to the tackle box.

Fishing Safety!

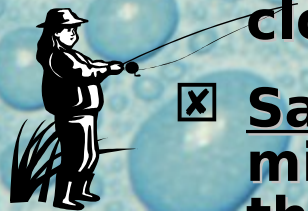
- **Cold drink breaks. Summer temperatures can get pretty warm, so bring lots of cool water and other healthy drinks and make sure all anglers drink fluids often to prevent dehydration or even heat stroke.**



- **Sunscreen. The ultraviolet (UV) light of the sun can do a lot of damage to skin, eyes and lips. Anglers should wear proper sunglasses, a billed cap, and clothing appropriate to the climate and sun conditions. Avoid fishing in the middle of the day. Cover face, neck, ears, the back of hands and all exposed skin with sunscreen with a sun protection factor of 15 or higher. Apply chap protection wax on lips.**



- **Insect repellent. Mosquitoes, ticks, bees and other insects not only sting, they can carry diseases of one kind or another. Apply insect repellent. Follow the directions on the container. If your insect repellent contains "Deet," it may be better to apply it to the clothing instead of the skin.**



- **Safety comes first. Anticipate safety problems you might encounter on a fishing trip. The best advice is**

Questions?